

Tips for introducing solid food to your baby

- » Try giving your baby plain rice cereal first. It is the easiest for your baby to digest.
- » When your baby starts eating new foods (such as a new type of cereal), give your baby only one new food at a time. Offer the new food at least 2-3 times during a week and watch for signs of a food allergy.
- » Always give cereal from a spoon—**never in a bottle** because it can cause choking.
- » Offer your baby 1 to 2 teaspoons of cereal once or twice a day, when the rest of the family eats.
- » Now is a good time to give your baby a cup filled with breastmilk or formula. Cow's milk, goat's milk, and juice are not for babies this age.
- » Your baby **does not need** any extra water. The water in formula and breastmilk is all your baby needs.
- » Pay attention to your baby's signs of fullness, such as turning her head away from food, pushing food away, and slowing down eating. Your baby will let you know when she is hungry or full.
- » Be patient. Refusing new foods, spilling, and making a mess are normal when your baby is learning to eat.

Foods to avoid

Solid foods other than cereals **should not be given at this age** because they can cause your baby to have an allergic reaction or choke. Also, do not give your baby honey because it can contain bacteria that could make your baby very sick.

✦ For more information about family health services and programs, call the Family Health Information Line at 1-800-942-7434. Our staff speaks English and Spanish. We're ready to help.

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RHODE ISLAND DEPARTMENT OF HEALTH

Feeding Your Baby from 4 to 6 Months



Most babies are ready for solid food when they are 4 to 6 months old. You will know your baby is ready for solids when he or she can:

- » Sit supported with good head and neck control
- » Open his or her mouth when seeing a spoon
- » Remove food from a spoon with lips and tongue
- » Move food from front to back of tongue to swallow
- » Use jaw control to munch up and down
- » Use his or her whole hand to grasp objects

New foods you can feed your baby

Babies at this age can eat infant cereals.

Try giving your baby the following:

- » Rice cereal
- » Oatmeal cereal
- » Barley cereal

